

Health Clinic Schedule

Friday, January 4, General Immunization Clinic - 8:30 - 12 Noon, 1-4 p.m.
 Tuesday, January 8, Maternity Clinic - 11 a.m.
 Wednesday, January 9, Mental Health Counseling Alcoholism Counseling, Call 649-3531, For appointment
 Friday, January 11, - Mental Health Clinic, BY APPOINTMENT ONLY
 Friday, January 11, -

General Immunization Clinic - 8:30 - 12 Noon, 1-4 p.m.
 Monday, January 14, - General Immunization Clinic - Rudisill Clinic
 Wednesday, January 16, - Mental Health Counseling Alcoholism Counseling, Call 649-3531 For appointment.
 Monday, January 21, Mental Health Clinic, BY APPOINTMENT ONLY
 Tuesday, January 22,

Family Planning Clinic, BY APPOINTMENT ONLY
 Wednesday, January 23, Mental Health Counseling Alcoholism Counseling, Call 649-3531 For appointment
 Friday, January 25, General Immunization Clinic, 8:30 - 12 Noon 1-4 p.m.
 Friday, January 25, Nurse Screening Clinic, BY APPOINTMENT ONLY.
 Wednesday, January 30,

Mental Health Counseling, Call 649-3531 For appointment
 At all General Immunization Clinics, protection is available against diphtheria, Poliomyelitis, whooping cough, tetanus (lockjaw), measles, rubella, and smallpox. Blood Testing and tuberculin skin testing are also available at the General Immunization Clinics.

SKIING IN CANADA

Talk about mountains, resorts, a four or five month ski season with long runs and short lift lines and most likely you're talking about skiing somewhere in Canada, but where in Canada?
 British Columbia's coastal range claims such notable ski sites as Whistler Mountain, Grouse and Seymour right at Vancouver with Gibson Pass, Hemlock Valley in the nearby Cascades. Interior areas such as the Okanagan Valley's Big White,

Silver Star and Apex Alpine and Tod Mountain compete with Rossland's Red Mountain and Kimberley, Fairmont Hot Springs and Snow Valley in the Kootenays.
 Alberta's Canadian Rockies feature Banff and Jasper as the main ski towns for four major areas with Banff as the fabulous helicopter skiing in the Bugaboos, Caribous and nearby Kananaskis Range.
 Eastward to the ski city

of Thunder Bay in Northwestern Ontario such lofty addresses as Mount Baldy, McKay, Norway, Loch Lomond and Candy Mountain have a familiar ring to mid-western skiers. They're all within 20 miles of town so take a week and ski 'em all. In central Ontario, Georgian Peaks, Blue Mountain and Talsman offer ski week vacations to the long distance winter visitor.
 Ottawa's Gatineau Hills start with the huge Camp Fortune ski complex only 12 miles from the city center to 60 miles from



town and the 1,000-vertical-foot Mont-St-Anne area. At varying distances in between Bromont, Mont Orford, and are Vorlage, Edelweiss Valley and the newly opened Mont Cascade all near the alpine hamlet of Wakefield, Quebec.

A winter ski vacation in the fabled Québec Laurentians is an annual tradition with many senior skiers, just as they prove to be an exciting discovery for a host of newcomers every year. Mont Tremblant, Gray Rocks, Sun Valley, Mont Gabriel, Chantecler, La Reserve are only a few of the names that convey good times and great skiing on a grand scale.

Ski East means Québec Eastern Townships just north of the Vermont border or southeast of Montreal. High mountains and deep snow are Ski East trademarks and areas such as Mont Sutton, Mont Orford, Bromont, Mont Echo, and Owl's Head are now known and enjoyed by skiers throughout eastern North America.

NEWS OF HEALTH

EPILEPSY MORE COSTLY THAN MANY REALIZE
 In the first study of its kind, the Epilepsy Foundation of America has issued a report on this costly condition which afflicts four million Americans. The study, an attempt to provide some understanding of the scope of the economic implications, revealed the average annual figure of \$4.25 billion.

Fortunately, according to Paul D. Holland, President of the Foundation, the tremendous cost need not continue to be increased. The study also holds a membership on the Conference Board of Pensions of the United Methodist Church and belongs to several law societies.

The total cost of epilepsy to individuals, to families and to the nation is literally incalculable in economic terms or in terms of human suffering and tragedies. Earlier estimates approximated a cost of \$7 billion, and that figure may well be a reasonably accurate one. This particular study, however, concentrated on figures that were readily verifiable.

Although not included as a cost in this report, the Epilepsy Foundation of America and affiliates expended \$4 million in 1972 in its efforts to represent victims. In addition to this money contributed by almost 966,000 persons, many other thousands volunteered their time to provide services to people with epilepsy and to promote public education about epilepsy. These efforts to improve the lives of persons with epilepsy also serve to ultimately reduce the cost to the nation.

The country's waiting.



There's a big beautiful country out there. See it with us. Serve it with us. The Army Reserve. It pays to go to meetings.

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4-H Shrubbery Sales During January



RED AZALEA



PINK FLOWERING DOGWOOD



SUGAR MAPLE



RED CRAPE MYRTLE



MOUNTAIN ASH



CRIMSON KING MAPLE



THUNDERCLOUD PURPLE LEAF PLUM



JAPANESE FLOWERING CHERRY

PLANT	COST
Dogwoods - Pink, 30-36"	\$2.50 ea.
White, 3-4'	2.00 ea.
Maple - Japanese Red Leaf, 12-15"	3.00 ea.
Sugar (Whip), 3-4'	2.00 ea.
Red (Native Red), 3-4'	2.00 ea.
Birch - Clump White, 3 stem, 3-5'	4.50 ea.
Chinese Chestnut, 2-3'	1.00 ea.
Red Bud, (Native), 3-4'	1.50 ea.
Flowering Crab Apple - Radiant Flowering, 3-4'	1.50 ea.
Azaleas - Red ___ White ___ Lavender ___, 10-12"	2.00 ea.
(In 1 gallon containers)	
Yews - Taxus Spreading, (In 1 gallon containers)	2.00 ea.
Taxus Upright, (In 1 gallon containers)	2.00 ea.
Holly - Burfordi Holly, (In 1 gallon containers)	2.00 ea.
Hetzi, (In 1 gallon containers)	2.00 ea.
Dwarf Rotunda, (In 1 gallon containers)	2.00 ea.
Crape Myrtle - Red ___ Purple ___, 2-3'	1.50 ea.
Rhododendron - Red ___ Purple ___ Pink ___	
12" spread (In 1 gallon containers)	4.00 ea.
Nandina (In 1 gallon containers)	2.00 ea.
Forsythia - Golden Bell, 2-3'	2.00 ea.
Weigelia, Red, 2-3'	2.00 ea.
White Pine, 3 years old	.25 ea.
10 or more	.10 ea.

Supply is limited and orders will be filled on a first-received first-served basis. Pay for the plants at the time of pick-up. The expected date of delivery for these plants will be early March. You will be notified by mail of the exact time and place of pick-up.

Take advantage of the economical source of planting materials for landscaping your homes while the proceeds go to supplement the 4-H organization in Madison County.

Orders may be given to 4-H members in your community or you may call the Extension Office (649-2411)

or mail your order to P.O. Box 336 Marshall, N.C. 28753

SHRUBBERY WILL ARRIVE IN EARLY MARCH

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